



BC 04  
Branch Update (#3)  
March 2024



Don't forget!

**NOTICE**

**BRANCH ANNUAL MEETING**

**Wednesday, March 13<sup>th</sup> 2024**

**Hazelmere Golf & Tennis Club**

**18150 8th Avenue, Surrey, BC V3Z 9R9**

**Meeting 11:30 a.m.**

**(doors open at 11:00 a.m.)**

To conduct the Mandatory Business of the Branch:

- a) Approve the minutes of the 2023 Branch Annual Meeting;
- b) Receive the President's report;
- c) Receive the reviewed financial records for 2023;
- d) Receive the budget for the 2024 and financial forecast;
- e) Give the Board of Directors the authority to appoint a reviewer for 2024;
- f) Consider any proposals for amendment of the Branch bylaws (none this year);
- g) Conduct elections for the Branch board;
- h) Conduct other such business as may be properly brought before the meeting.

**Buffet luncheon at 12:30—cost \$21 per person**

Do you have a friend who is eligible to become a member?  
Now is the time to bring that lucky person along!

**\*\*Who is eligible? Canadian Armed Forces and RCMP Veterans, Federal Public Servants and their spouses, partners or survivors - anyone who receives or contributes to a federal superannuation pension.**  
**You do not have to be retired to be a member of Federal Retirees!**

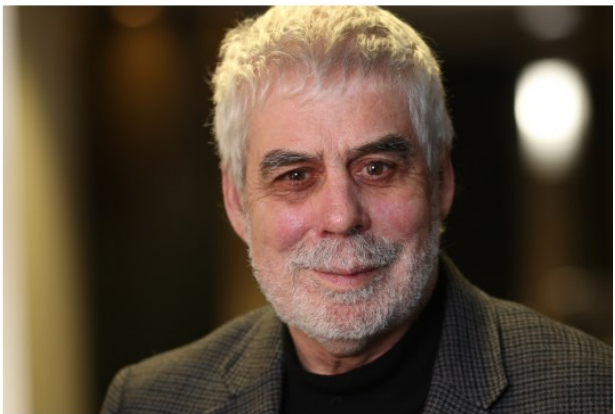


And... Another reminder!  
  
If you have any special seating requests, please send a note to [nafrbc04@gmail.com](mailto:nafrbc04@gmail.com) and we will see what we can do to accommodate you!!

**Register by Eventbrite, by March 6th, 2024, please, at <https://www.eventbrite.ca/e/annual-general-meeting-fraser-valley-west-branch-tickets-90479293001>**

**Special Guest... Michael Jolicoeur  
Director, District of British Columbia and Yukon**

Michael Jolicoeur spent the majority of his federal public service career of over 30 years at the Department of Justice, including ten years as Senior Counsel. He was also part of the Aeronautics Act task force at the Department of Transport. He joined the Victoria-Fred Whitehouse Branch and served as a director on the branch board, as treasurer and as president of the branch. He was elected to the national board of directors in 2022.





## Recommended reading

An article in the latest (February) Nidus newsletter shines a spotlight on the Council of Senior Citizens Organizations of BC (COSCO) and their partner, the Seniors' Health and Wellness Institute.



Your choice.  
Your plan.  
Your life.

Nidus is Latin for nest: a symbol of safety, support & self-development.

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Wait! Who?

COSCO is an umbrella organization of seniors' organizations and individual associate members; our own Leslie Gaudette is president.

The Seniors' Health and Wellness Institute is COSCO's partner in providing education on issues of concern to seniors (including personal planning).

And Nidus (from [nidus.ca](http://nidus.ca))... "is the only community-based resource in Canada devoted to personal planning. Its existence sets British Columbia apart as a leader in addressing the critical needs of an aging population.

"The Nidus Resource Centre provides,

- public legal education on personal planning and related matters;
- Representation Agreement forms;
- training for volunteers and groups (...)

"The Resource Centre also operates a centralized Registry, called the [Nidus Registry](#) for personal planning documents and other important information and documents in case of a health crisis or other emergency."

Sylvia Helmer, Facilitator, Mentor and Report Co-ordinator with the Institute, values Nidus' ability to explain complex legal concepts in plain language. "If you want more information in a layperson's language to help you understand, go to [nidus.ca](http://nidus.ca) is my recommendation. When I'm assisting seniors, I share handouts from Nidus on Personal Planning – particularly the compare/contrast chart for Representation Agreements and Enduring Powers of Attorney. It's very convenient and helpful. Nidus puts legal things into more accessible terminology for people who are new to it."



Barb Mikulec, COSCO's VP, and President and Chair of the Institute, highlights the extensive range workshops and webinars offered by the Institute. You can download a copy of their brochure from [seniorshelpingseniors.ca](http://seniorshelpingseniors.ca)

Just some of the themes covered by the various workshops:

- Personal Planning (of course) with individual sessions on Advance Care Planning, Powers of Attorney, Representation Agreements, Advance Directives, Palliative Care, and Wills.
- Health and Wellness, with sessions ranging from 'Knowing Your Bladder' to 'Social Connectedness' and 'Dealing with Conflict'

- Medical and Financial: includes Advocacy for Caregivers, Housing and the Care Continuum, Care for the Caregiver, Navigating the Emergency Department, Navigating the Health Care System, Financial Literacy, and Pensions and Tax Options.

The article is a useful refresher on the amazing array of resources available from Nidus, COSCO and the Seniors' Health and Wellness Institute. To subscribe to the newsletter, go to <https://nidus.ca> and scroll down.



## “Meet and chat” in White Rock

Coffee with Karin is morphing into **Java with Judy and Friends...**

(Thanks, again, Karin Christiansen for all your help last year.)

We have reserved the ‘Education Room’ at the Centre for Active Living in White Rock for ‘Meet ‘n Chat dates on

- April 17th,
- May 15th,
- June 19th.

(the 3rd Wednesday of the month)

**Judy McLellan, Sharon Richards, Bernd Hirsekorn and Arlene Johnston** are sharing hosting duties.

There are over 700 Federal Retirees in South Surrey—White Rock.

Come out and meet your neighbours.

All members and potential members are welcome!

Some meetings may be focused on a discussion topic or guest speaker.

Some may be just retired folks telling stories. Stay tuned.

Next date: April 17th (Wednesday),  
1—3 p.m.

Centre for Active Living  
1475 Anderson Street  
(Next to the Centennial Arena).  
(Note: All day parking is \$2.25)  
Coffee, tea and cookies (!!!) will be provided.

If you know a potential member—whether they’re still in service, recently-retired, or long-retired but just ‘forgot’ to join—bring that lucky person along!

**RSVP by April 12th, please** to Ian at [nafrbc04@gmail.com](mailto:nafrbc04@gmail.com) or 604-753-7845, so we know how many cookies to bake.

Also, **Mark your calendars** for May 15th, and June 19th, same time, same place !



## Health Benefits Officer (HBO)

Should you need any assistance getting information on the Public Service Health Care Plan, the Pensioners Dental Service Plan, or dealing with pension contact centers (Veterans Affairs Canada, RCMP Pension, etc.) please contact our

Health Benefits Officer:

Glen (Rocky) Rockwell

at 604-496-4426

or email at [grockwell@shaw.ca](mailto:grockwell@shaw.ca)

## Fraser Valley West Branch board (2023)

**President** Ian Spence (604) 753-7845

**Vice President** Eric Ross

**Secretary** Ilene Fika

**Treasurer** Rod Tondevold

**Directors** Leslie Gaudette

Thelma Graham

Bernd Hirsekorn

Katherine Kettler

Arlene Johnston

Judy McLellan

Sharon Riches

## Yet another reminder...

**All positions on the Board of Directors are up for election at the Branch Annual Meeting.**

Most of the current board members have indicated a willingness to continue, but there are opportunities!

With regret, we have received notice that **Katherine Kettler** will be stepping down from the board this year. Katherine joined Federal Retirees in 2016 and came on the board soon after, lending her talent, energy and expertise to communications and event planning. She managed to remain calm, cool and collected when event plans went awry or refused to coalesce. With the 2022 summer barbecue, for example—this was the first quasi ‘post-Covid’ event—she proceeded serenely on the assumption we *would* eventually get an permit from the Township of Langley to use the pavilion at Williams Park, and we did, on the eve of the event. In the past couple of years, Katherine and Charles have managed to see a lot of the world and they have plans to see more. We thank them for their service and wish them happy travels, and all the best.

If you are interested in joining the board or serving your branch in another volunteer position—even if you are not as sanguine and Katherine—please check in with Bernd at [bh45jh@shaw.ca](mailto:bh45jh@shaw.ca)



## First Virtual Pre-Retirement Course for BC launches April 8-11th

Your Branch built on contacts established by **Joy Hennen** (Thank you, Joy!) to facilitate the publication of the item below in the December issue of PSAC Pacific Region newsletter. As Alliance members represent the largest pool of potential members for our Association, we hope we have helped to open an important door.

The item generated a fair amount of interest and dates have been set for the first Virtual Pre-Retirement Course for participants from BC: April 8-11 (Pacific Time).

The course is a real bargain and includes a year's membership in Federal Retirees. There are still seats available, so if you know anyone who is still in the trenches but looking up.... please give them a nudge.

They can email Josee Patry for details: [jpatry@federalretirees.ca](mailto:jpatry@federalretirees.ca)

### Virtual Pre-Retirement Courses

Thinking of retiring?

Demystify retirement with the virtual pre-retirement course from the [National Association of Federal Retirees](#), designed to prepare federal employees for transition from work to retirement.

Presented in collaboration with certified pension presenter Melody Walz, Tradex and GERAS Centre for Aging Research, the course covers such topics as your public service pension plan, financial planning, estate planning and living your best life in retirement.

This course will be delivered at a cost of \$100 per attendee. The attendance fee includes course materials, a virtual 20-minute appointment with the pension Consultant, and a financial assessment with Tradex. An English language course, delivered over four days in half day modules, will be scheduled in April or May.

For more information and to be placed on a waiting list, please email Josée Patry, [jpatry@federalretirees.ca](mailto:jpatry@federalretirees.ca). Please note - You do not have to be retired to join the [National Association of Federal Retirees](#).



The **Semiahmoo Seniors Planning Table** is sponsoring an educational event on

### **MAID (Medical Assistance in Dying)**

to shed light and help inform discussion around this controversial subject.

The presenter is Wanda Morris, former CEO of Dying with Dignity Canada and past Chief Advocacy Officer for the Canadian Association of Retired Persons (CARP).

2:00 pm to 4:00 pm  
Doors open at 2:00 pm  
**Thursday, March 21, 2024**

Location:  
White Rock Community Centre  
**15154 Russell Avenue**  
**White Rock**

Registration:  
FREE—refreshments will be provided  
**To register: email**  
**Semi.seniors@gmail.com**